Mission statement

Our primary purpose is to provide a safe and nurturing environment for those in recovery from drug and alcohol addiction to deepen their conscious contact with their higher power.

Our goal is to provide the highest quality of spiritual guidance to those in recovery, realizing that the highest level of guidance can only come from one's higher power. Thus we will strive to show how to access this unlimited power From Within.

What we do:

We provide a safe place to practice the principles of the 11th step, and guidance on how Yoga can quicken ones spiritual development. We provide a stepping stone where by participants will launch into a new life, bringing with them a set of practical techniques to intertwine spirit with everyday living. We intend to assist participants in achieving the highest aim of spiritually, which is to fulfill one's material and worldly duties while achieving the ultimate spiritual goal of unbroken communion with a higher power.

One page about

Truth Drawn From Within Changes One’s Life:

“Truth is as old as time and as life itself; yet it is ever new. The moment we make it our own it becomes new for us. We may read a truth again and again, without its seeming to hold anything for us personally. We wonder why we are not getting something out of it. The reason is that we have not yet drawn that truth ***from within*** ourselves. Truth cannot be grafted onto us from without. It must be brought out ***from within***, or it will ever remain unreal to us. At some time we all have had the experience, while meditating or being otherwise spiritually attuned, of instantly understanding some truth we had previously read without recognition. What an exhilarating feeling it is! Suddenly we have brought forth that truth ***from within*** ourselves and beheld it clearly for the first time."

Sri Daya Mataji

From her book "Only Love"

Why Yoga?

To know why Yoga one must first understand what Yoga is.

In short the word Yoga means to connect. In the context of this program connecting ourselves to our higher power. Yoga is more than physical exercises, in fact most of the teaching of yoga pertain to the mind and spirit.

It is a comprehensive system of living which aids in the attaining direct experience of with your creator. This is done by calming and purifying the body and mind so that your innate divinity can reveal itself to you.

However, just as in the 12 steps, it doesn’t not require you to name or chose any specific idea of God. It invites you to follow a process that eventually brings forth your version of your higher power to you from within. If you do have a very well defined concept of God then Yoga offers a way to become ever more connected to what you already have. The ultimate goal is to bring all aspects of ones being in line with a desire to know God as you understand it.

The 11th step is about developing conscious contact and that is exactly what Yoga cultivates.

Yoga is not the ***only*** solution, but well over 6,000 years of practice has shown that it works, and for those truly interested in advancing down the spiritual path quickly Yoga offers ***a*** solution.